

print



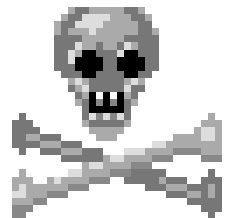
delete



listen



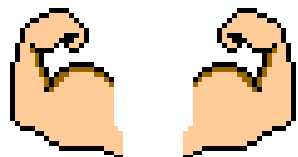
questions



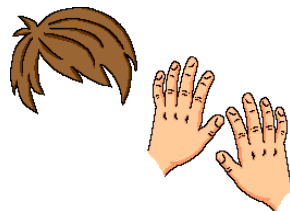
Your bones



Your eyes



Your muscles



Your skin and hair



Your teeth



Your blood cells

need

vitamin A

vitamin C

vitamin D

calcium

iron

to be strong.

to grow.

to be healthy.

to fight disease.